

# 180511 Day Five: Chest-Shoulders-Back

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

*The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ \*

10-9-8-7-6-5-4-3-2-1

Body Weight Bench Press

1-2-3-4-5-6-7-8-9-10

Wide Grip Pull Ups

\*Alternate between RPU's and PLU's

(15)

**Skill:** Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

**Power:** Incline DB Bench Press

5-5-5-5-5

(18)

**MetCon/Endurance / Stamina::** Biceps and Triceps

R<sub>x</sub> @ 5 x 10 Standing Olympic Bar Curls

Complete 5 Reps @ Heavy Loads then 5 Reps @ Moderate Loads Strict-NO SWING

Alternate with

DB 'Tricep Kickback'

3 Rounds of:

DB Incline Curls @ 5 Heavy followed immediately by 5 lighter loads to failure.\*

Alternate with

Diamond Push Up\*\* to FAILURE

\*Perform DB Curls @ Thumb out position to peak the bicep with a heavy load forcing Failure @ 5 reps. Set the DB's down and immediately resume another 5 reps with a lighter load forcing failure in the last 5 reps.

\*\*Diamond Push Ups: Begin in a plank position with the hips slightly elevated with the hands directly under the nose, thumb to thumb and index finger to index finger creating a 'Diamond'. Lower the body placing your nose in the diamond and return to the starting position: one rep. Modify by working from the knees.

(15)

Train hard with purpose:

*“And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him.”*

Col. 3:17